

Cucumber Onion Salad

Ingredients:

Serves 4

- ¼ cup vinegar
- 2 Tablespoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 medium cucumbers, scored and thinly sliced
- 1 onion (peeled, thinly sliced and broken into rings)
- 1 teaspoon dry dill (if you like)



Directions:

1. In large bowl, mix the vinegar, sugar, salt, and pepper until sugar is dissolved.
2. Rinse and scrub the cucumbers. Score each peeling the length of the cucumber with a fork.
3. Thinly slice the cucumbers into circles.
4. Add the cucumber, onion and dill to the vinegar mixture; toss well.
5. Chill, then serve.

Recipe adapted from Veggie Bites, Jennifer Blazek, Dane County Extension

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program–SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

